Tossed Salad for 100

Makes: 6 servings

Prep Time: 2-3 hours

Ingredients:

- **1-2 heads** lettuce, torn
- **2 cups** carrots, chopped
- **3-5 sticks** celery, chopped
- **3 cups** tomatoes, chopped
- **1 heads** red cabbage, shredded
- **2 cups** green pepper, chopped
- **2 cups** cucumbers, sliced

Other Options:

- **⅛ cup** sunflower seeds
- **1 cup** alfalfa, sunflower, or other sprouts
- **1 cups** tempe (or tofu), cubed, sautéed in olive oil until crispy brown
- **1 cups** cranberries

Equipment:

- **very large** mixing bowl
- **smaller** serving bowl

The directions are the same as for 100 servings. Wash all vegetables and chop into bite-sized pieces. Use additional vegetabes which might be on hand, such as broccoli, cauliflower, onions, zucchini, beets, mushrooms, spinach, sprouts, apples, raisins, sunflower seeds, cooked whole

beans (suchas chick-peas, kidney beans, and gren peas) and so on. Use a smaller salad bowl for serving and ony dress the salad in that bowl. Keep the rest on ice or refrigerated. Salad will keep overnight if undressed.

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